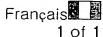
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(54) TWIST MACHINE FOR WHOLE BODY EXERCISE

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(57) A twist machine for whole body exercise comprises a base (10), a rotary post (20) rotatably



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mounted on the base, a seat (30) provided on the top of the rotary post, a handle (60) operatively associated with the rotary post for rotation about the rotary post, and a reverse rotator (50, 70, 72) 551719 with each other when one of the rotary post and the handle is subjected to forcible rotation. The reverse rotator is provided with a sun gear (70) affixed to the rotary post, a plurality of planetary gears (72) rotatably mounted to the base in a meshing engagement with the sun gear and a ring gear (50) fixedly secured to the handle in a meshing engagement with the planetary gears.



Français 1 of 1